DANCE

5 ELEMENTS

SPACE

Range
near
far
big
small

Level
high
medium
low

Focus
fixed
single
moving
multi

Pathway
firm
soft
weak
light
strong
heavy

Direction
forward
right
up
backward
left
down

Place
personal
general

BODY AWARENESS

Locomotor
walk
jump
roll
slide
waltz
run
hop
climb
skip
gallop

Non-locomotor
bend
stretch
twist
swing
melt
push
pull
rock
balance
shake

Body Parts
arms
legs
head
fingers
ankles
elbows
knees
shoulders
toes
wrists

Body Base
standing
sitting
kneeling
lying

TIME

Beat
underlying
pulse

Duration
long
short

Rhythm
pattern
steady
breath
irregular

Tempo
increasing
decreasing
fast
slow

Accent
emphasis

ENERGY

Weight
firm
soft
weak
light
strong
heavy

Quality
sudden
sharp
percussive
smooth
delicate
vibratory
sustained
erratic
explosive

Flow
free
bound

RELATIONSHIPS

Individual - Pair- Group - Objects and Environments
over
beside
near/far
copying
shadowing
in/out
action
around
towards
parting
alone
under
behind
meeting
mirroring
unison
scattering
reaction
successive
between
away from
linking
contrasing
gathering
canon
simultaneous
connected
on/off
through

developed from: *Dance: Developing Practical Knowledge Chart 1* (2002) www.tki.org.nz/e/arts

Professional LEARNING